TOUCHDOWN
PACKERS PUNCH SUPER BOWL TICKET
{page 21}

MELT-IN-YOUR-MOUTH GOODNESS
TRY A PULLED PORK SANDWICH {page 17}

ROMANCE
CARREY SEEN OUT AND ABOUT WITH NEW WOMAN {page 15}

VANCOUVER metro®
Monday, January 24, 2011
www.metronews.ca
News worth sharing.

▶ David Eby, executive director of the B.C. Civil Liberties Association, with a $100 ticket he was given for not having a bell on his bike.

For whom the bike bell tolls

Executive director of B.C. Civil Liberties Association dinged $100 for not having bell on bike Claims police aim was to intimidate and send message

MATT KIELTYKA
@METRONEWS.CA

Whipped by
catch a glimpse of two police officers searching a camper Saturday, he never thought it would land him in hot water.

But when all was said and done, the executive director of the B.C. Civil Liberties Association ended up with a $100 ticket and a sense that cops don't like being watched.

"The message was pretty clear — 'mind your own business,'" said Eby. "It was intimidation, they didn't like that I was watching them do their job."

The incident began when Eby, coming home from a shopping trip that afternoon, noticed two officers searching a camper and knocking on the door.

The practising lawyer found it odd that the Vancouver police officers were writing on the camper with a pen and paying so much attention to it, so he decided to stop his bike and watch from the side of the road.

Before long, the officers' attention turned to him.

"They were asking me if I knew the man, what I was doing and asked for my driver's licence," Eby recalled. "I said I didn't need to identify myself and then he said there's no bell on my bike and that he was going to write me a ticket. I was like, 'Here we go.'

"Somewhere between using my rights and witnessing what they were doing, it landed me a $100 ticket."

Eby intends to pay the ticket, but is more worried about the message being sent to law-abiding citizens.

"I hope this isn't something that occurs often," he said. "Police should encourage the public by being more transparent."

What do you think? Let us know at vancouverletters@metronews.ca or on Twitter @vancouvermetro.

Reigniting the Olympic spirit

City planning huge Games anniversary celebration {page 3}

Come on, get happy

One writer on her year-long quest for fulfilment {page 14}

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DOUG PENSINGER/GETTY IMAGES

▶ Team Canada hockey fans celebrate at Robson and Burrard streets, following Canada's 3-2 overtime victory over Team USA to win the gold medal at the Vancouver 2010 Winter Olympics.

City to recapture Olympic spirit

- Party set for Saturday, Feb. 12, one year to the day after opening ceremonies at B.C. Place
- City partnering with community groups to facilitate range of events on anniversary

KRISTEN THOMPSON
@METRONEWS.CA

Oh how time flies.

It's been almost a year since Vancouver was transformed into a two-week-long Olympic street party, and to recapture some of that energy the city is staging a massive anniversary celebration.

"The 2010 Winter Games filled our city with energy and excitement and changed the way the world looks at Vancouver," Mayor Gregor Robertson said.

Granville Street will be closed between Smithe and Dunsmuir streets for buskers, street hockey and the Lunar Festival parade from noon to 9 p.m.

Robson Street will be closed between Howe and Seymour streets, and there will be free skating, music and entertainment all day at Robson Square.

The second annual Illuminate Yaletown festival — a free two-night street party — will feature light installations from local artists.

LunarFest will take place at the Vancouver Art Gallery from 4 to 11 p.m. Displays will include illuminated lanterns and art.

Creekside gymnasium will host a free family-friendly event from 11 a.m. to 3 p.m. It will include Olympic- and Paralympic-themed activities, winter sports on the Wii, pin trading, 2010 memorabilia and a big-screen TV showing Games highlights.

Sure to be a show-stopper will be the lighting of the Olympic Cauldron at Jack Poole Plaza at 4 p.m.

"Vancouver shone magnificently on the world's stage all through the ... Games," said Stephanie Cadieux, minister of community, sport and cultural development.

"We're proud to celebrate British Columbia's first Olympic anniversary. I'm looking forward to the fun."

Stabbings land four in hospital

Four people are recovering from being stabbed in four separate incidents throughout Metro Vancouver.

A 20-year-old Port Coquitlam man was stabbed in the back in the Downtown Eastside and a 27-year-old man was stabbed in the parking lot of Roosters in Pitt Meadows.

In Burnaby a woman was taken into custody for allegedly stabbing a man twice in the stomach, and in Saanich a 24-year-old man was arrested for allegedly stabbing his father.

KRISTEN THOMPSON

Forklift operator crushed

A forklift operator has died after his vehicle overturned and crushed him at a Burnaby warehouse.

The man's identity has not been released. WorkSafeBC is investigating the accident.

KRISTEN THOMPSON

Drug lab found at Wall Centre

Authorities say they've shut down a clandestine drug labratory in the Wall Centre Tower on Burrard Street.

Police were called to search a suite on the 16th floor on an unrelated matter when officers came upon containers that they suspected of containing chemicals.

A hazmat team called to the scene found that the containers were being used to mix chemicals to make drugs.

KRISTEN THOMPSON

1 news

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Investors begin the week with all eyes on Canadian corporate earnings. Video at metronews.ca

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Residents win 'renoviction' ruling

- Advocate claims landlord's tactics designed to intimidate tenants
- Tenancy board awards each resident $450 in compensation

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

NATALIE KAUR JOHAL/FOR METRO

▶ Emerald Terrace resident Gerhard Sonnenberg, one of the tenants who had faced eviction.

Residents of a West End apartment building have won a ruling against their landlords.

The Residential Tenancy Board found Hollyburn Property Ltd., owners of the Emerald Terrace apartment building in the 2000 Block of Nelson Street, to be in violation of a B.C. Supreme Court ruling preventing eviction on the basis of cosmetic renovations.

"These kinds of tactics, to force people out just so you can double rent, are wrong," said Vancouver-West End MLA Spencer Chandra Herbert, at a press conference yesterday. "They break the spirit of the Residential Tenancy Act."

In May, Hollyburn told its tenants that approximately 32 of the building's suites would have to be vacated for an upcoming renovation project.

Residents were not told how long the renovations would take or when they would be able to move back in, said Herbert.

Emerald Terrace resident Andrew Simmons said Hollyburn's tactics were designed to intimidate tenants and eventually force them out.

The RTB agreed, ruling in the tenants' favour and awarding them each $450 in compensation.

The ruling, said Simmons, is "vindication" for those residents affected by the threat of unlawful evictions.

Other disputes involving Hollyburn are waiting to be heard by the RTB.

Hollyburn has been a Better Business Bureau accredited business since 2002. They currently have an A+ rating with BBB.

In the spring of 2010, Emerald Terrace tenants filed numerous complaints against Hollyburn with the bureau. According to media reports, the BBB closed all complaints without investigation.

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Welsh star staying put

Robbie Savage chooses to stay in England rather than join Whitecaps Nothing but nice words for Vancouver as he announces decision on Twitter

MATT KIELTYKA
@METRONEWS.CA

CLIVE BRUNSKILL/GETTY IMAGES

One of the highest-profile names linked to the Vancouver Whitecaps won't be joining the team.

Derby County captain Robbie Savage, 36, announced on Twitter yesterday that the move from the U.K. to the West Coast of Canada is just too much for his family to bear.

"Made my decision on the future and I'm going to stay here," Savage, a.k.a. @RobbieSavage8, tweeted. "Canada was a great option but it was too big a move for my family!"

Last week, Whitecaps president Bob Lenarduzzi confirmed Savage was "one of many players" in Europe being courted by the club, which will make its Major League Soccer debut March 19. But despite the snub, the Welshman had nothing but kind words for the organization.

"The Vancouver presentation was awesome, looks like they're going for it big time," he wrote. "Lovely people, a great chance for someone. Good luck Vancouver."

Savage is out of contract with Derby at the end of the season and said he'll either look for a new club or become a full-time analyst.

The Caps are also moving on. Swiss international defender Alain Rochat was unveiled by the club Friday and pre-season training begins today at Empire Field.

The team will get a chance to size themselves up against MLS competition with friendlies against Real Salt Lake, Columbus Crew, and Chivas USA in February. It will also take part in a Pacific North West preseason tournament with the Seattle Sounders and Portland Timbers in Tukwila, Wash., March 5 and 6.

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Dine Academy
Jan 14 through Feb 11

Ever wish you could cook like a pro? Here's your chance to learn from one. Back again for 2011, enjoy any number of these culinary classes, demos and market tours with The Dirty Apron Cooking School, Quince and The Pacific Institute of Culinary Arts.

Secret Supper Soirée
Jan 14, 15, 28, 29 and Feb 4, 5

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Act I, Eat 1
Jan 27, 28 and Feb 4

Three epic dinner theatre pairings! The Arts Club Theatre Company and The PuSh International Performing Arts Festival pair two stellar shows with equally delicious meals at Cru, Red Door Pan Asian Grill and The Irish Heather Gastropub.

Dinner in the Dark
Feb 5

Do you dare? Culinary Capers Catering and Laughing Stock Winery present this sensory dining experience. Chef de Cuisine Jonathan Chovancek prepares a tantalizing eight course mystery dinner paired with wines and served at communal tables in the middle of their commercial kitchen. Blindfold included.

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Tunisian regime not welcome here: Feds

Ottawa has issued a stern warning to members of Tunisia's ousted ruling class, saying they aren't welcome in Canada.

The statement comes as reports circulate that a brother-in-law of Tunisia's former president Zine El Abidine Ben Ali landed in Montreal aboard a private jet Friday with his wife and children in tow.

But a group of Tunisian Canadians in Montreal weren't entirely convinced with the government's assurances. Haroun Bouazzi, a spokesperson for a Tunisian solidarity group in Montreal, said the community is sure members of Ben Ali's family are staying in the city.

THE CANADIAN PRESS

"We want to know exactly who came, and why they did accept them."

HAROUN BOUAZZI, SPOKESPERSON FOR A TUNISIAN SOLIDARITY GROUP

▶ The NASA space poster Expedition 26 features a knock-off of the Beatles' Abbey Road album cover.

IN SEARCH OF NASA'S NEXT ABBEY ROAD

Imagine an official NASA space poster with a group of astronauts decked out in Canadian and Russian hockey uniforms.

That's one of the suggestions Canadian astronaut Chris Hadfield has received so far from his followers on the Internet.

For the past few weeks, Hadfield has been using Twitter and Facebook to get ideas for a poster for Expedition 35 — his upcoming long-duration mission to the International Space Station.

Hadfield will become the first Canadian commander to take charge of the space station during his six-month stay, which begins late next year.

The 51-year-old space veteran promises his poster won't be a boring one showing astronauts just standing around in their space suits and helmets in their hands.

The most recent eye-catching placard is of the crew of Expedition 26, who recreated the Beatles' famous Abbey Road album cover.

THE CANADIAN PRESS

Volcanoes, coal likely caused mass extinction: Study

Calgary researchers may have found 'smoking gun' that explains Earth's greatest environmental disaster

University researchers are suggesting that massive volcanic eruptions led to Earth's first environmental disaster — 190 million years before the demise of the dinosaur.

Up to 95 per cent of all marine species and 70 per cent of land vertebrates became extinct during this Permian-Triassic period. The Great Dying also caused the only known mass extinction of insects.

A University of Calgary team that worked in Canada's High Arctic believes it found evidence that volcanoes in Siberia burned through coal, which in turn produced ash clouds that damaged global oceans.

Volcano effect

- **Geological events** as recent as last spring have given the world a taste of the disruption volcanoes can trigger.
- **Large eruptions** can cause global atmospheric effects, such as how the Icelandic volcano shut down air travel, said researcher Steve Grasby.
- **But during** the Permian-Triassic period, the volcanic eruptions were some of the largest in Earth's history.

"We found layers of coal ash ... providing the first direct evidence that there was a significant coal combustion going on at the time of extinction," said Steve Grasby from the university's department of geoscience. Grasby is also a research scientist at Natural Resources Canada.

It's widely believed that dinosaurs met their end 65 million years ago when a meteorite hit the Earth, but the reason for the Permian extinction had been less clear.

"This could literally be the smoking gun," said Grasby.

The impact of the volcanic eruption was so severe that it eliminated all "higher life" over a period of 200,000 years, he said.

THE CANADIAN PRESS

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TOP 10 of 2010

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5. Fall of Giants - Ken Follett
6. Sh*t My Dad Says - Justin Halpern
7. Three Cups of Tea - Greg Mortenson
8. Life - Keith Richards
9. Full Dark, No Stars - Stephen King
10. Dead or Alive - Tom Clancy

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

New Canadian currency tough to counterfeit

Security features, crackdowns have reduced phoney cash But merchants reluctant to accept $100 bills

Don't fear the C-note.

While the Canadian dollar soars in value, counterfeiting is way down as newer bank notes are tough to replicate.

Many businesses won't accept those light-brown $100 bills, citing bad experiences with phoney cash in the past, and some still get taken by poor-quality fake bills since they don't stop to feel, tilt and look at what they've been handed.

"Our bank notes are excellent, but only as good as the person using them," said Manuel Parreira, senior regional rep of the Bank of Canada. "We fight counterfeiting quite well and the proof is in the decline we've seen over the years."

▶ You won't get conned if you touch, tilt and look.

About 1.4 billion Canadian bank notes are in circulation.

Holographs, metallic strips, raised ink, watermarks, see-through panels and thread on the Canadian Journey series first issued in 2004 make them hard to copy.

Some gas stations, stores and parking lots still won't accept $100 bills. Small shop owners shy away from large bills.

Journey note security features, people's awareness and a series of crackdowns on crime rings in the Toronto area have had their impact on counterfeiting.

"In 2004 it peaked at $13 million, and in 2009 it went down to $3.4 million," said Sgt. John Mecher, the RCMP's counterfeit co-ordinator for the Ontario region.

A further decline is expected when 2010 figures are calculated this spring.

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Chinese stealth fighter using U.S. technology?

China rolled out plane before U.S. defence secretary's visit ◐ Shows growing might of country's forces: Analysts

Chinese officials recently unveiled a new, high-tech stealth fighter that could pose a significant threat to American air superiority — and some of its technology, it turns out, may well have come from the U.S. itself.

Balkan military officials and other experts have told The Associated Press that in all probability the Chinese gleaned some of their technological know-how from an American F-117 Nighthawk that was shot down over Serbia in 1999.

Nighthawks were the world's first stealth fighters, planes that were very hard for radar to detect. But on March 27, 1999, during NATO's aerial bombing of Serbia in the Kosovo War, a Serbian anti-aircraft missile shot one of the Nighthawks down.

It was the first time one of the much-touted "invisible" fighters had ever been hit. The Pentagon believed a combination of clever tactics and sheer luck had allowed a Soviet-built SA-3 missile to bring down the jet.

The wreckage was strewn over a wide area of flat farmlands, and civilians collected the parts — some the size of small cars — as souvenirs.

THE ASSOCIATED PRESS

Competition

China's multi-role stealth fighter — known as the Chengdu J-20 — made its inaugural flight on Jan. 11. Although it's at least eight or nine years from entering air force inventory, it could become a rival to America's top-of-the-line F-22 Raptor, the successor to the Nighthawk and the only stealth fighter currently in service.

Hairy. Situation

▶ Two women wearing beards to promote the "Grow a Beard for Belgium" campaign protest in Brussels yesterday. The campaign calls for Belgian men to grow their beards until Belgium forms a government.

YVES LOGGHE/THE ASSOCIATED PRESS

Belgians rally against deadlock

Tens of thousands of protesters marched through Brussels yesterday to promote solidarity among the country's Flemish and Walloon communities and to demand that the rival political groupings finally form a coalition after seven months without a government. The demonstration was called by a group of university students in a Facebook campaign who say they're fed up with the political deadlock.

Man shoots officers in precinct

A gunman opened fire inside a Detroit police precinct yesterday, wounding four officers before he was shot and killed by police, authorities said, adding none of the officers appeared to have life-threatening injuries. THE ASSOCIATED PRESS

Lottery winner to split cash?

Holly Lahti, the single mother who won a $190-million Mega Millions jackpot, may be forced to share her winnings with a man she is separated from who had abused her, according to court records.

THE ASSOCIATED PRESS

Execution drug being phased out

Hospira Inc., the only U.S. manufacturer of sodium thiopental, a lethal injection drug, is discontinuing production after Italian authorities wanted a guarantee that it wouldn't be used to put inmates to death.

THE ASSOCIATED PRESS

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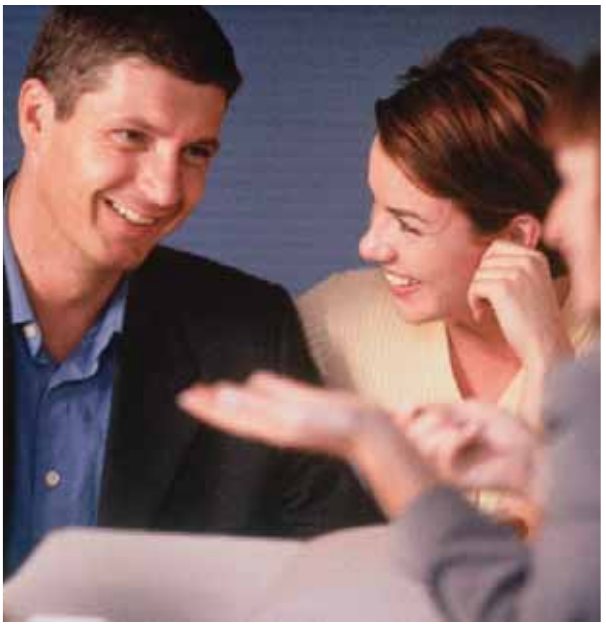

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Market moment

PRICES AS OF 5 P.M. FRIDAY

Dollar	Natural gas 1,000 cu ft	Oil	TSX
+ 0.17¢ (100.46¢ US)	$4.743 (+ 5.1¢)	– $0.48 US ($89.11 US)	– 72.75 (13,258.57)
	Gold contracts $1,341 (– $5.50)		

Eyes on major earnings report

Economic data and corporate profits will guide investors this week as Canadian companies begin reporting fourth-quarter earnings in earnest and the market sees the latest take on U.S. economic growth.

Earnings from the two major railroads — Canadian National Railways and Canadian Pacific Railway — are expected Wednesday and fertilizer giant Potash Corp. of Saskatchewan Thursday.

Amid growing demand for fertilizer, PotashCorp shares have surged from a low of just less than $90 last July, a couple of weeks before BHP Billiton made its unsuccessful bid for the company, to a high of about $172 early last week.

"At $170, it's trading above the highest it traded during the whole BHP Billiton takeover attempt," said Colin Cieszynsky, market analyst at CMC Markets Canada.

"That's the biggest thing you have to watch out for now is fear of disappointment." THE CANADIAN PRESS

$600B The feds announced plans in November to buy $600 billion of long-term government bonds by mid-2011 in an attempt to boost lending.

Google trying to get hip and nimble

NATI HARNIK/THE ASSOCIATED PRESS FILE

▶ Google CEO Eric Schmidt, left, and Google co-founder Larry Page are seen at the annual Allen & Co. Media summit in Sun Valley, Idaho, last July. Google announced Thursday that Page will return to being CEO in April.

Company makes most of its money from ads triggered by search requests

Google is richer than ever, but it's not as cool as it once was.

Facebook boasts 500 million members who share 30 billion links, notes and photos each month — data that Google's search engine can't completely index. It's so influential that 26-year-old founder Mark Zuckerberg was just named Time's person of the year, and a movie about the company's early days is a contender for best picture at the Oscars.

Twitter, Groupon and Foursquare, all hard-charging and potentially game-changing services, are additional thorns in Google's side, raising worries that the online search leader may be losing the competitive edge that turned it into the Internet's most powerful company.

"Facebook has become the cool kid on the block, and now Google wants to prove it can still be cool, too."

DANNY SULLIVAN, EDITOR-IN-CHIEF, SEARCH ENGINE LAND

Making Google hip and nimble again will be the priority as Larry Page, one of the two Stanford University students who founded the company in a garage in 1998, prepares to reclaim the CEO job in a shakeup that surprised Silicon Valley.

THE ASSOCIATED PRESS

MARRIAGE OF NATURE AND HUMANITY

Urban Compass

PAUL SULLIVAN

When we first moved to Vancouver my wife and I went looking for this famous lake in the middle of the city: Beaver Lake.

We ended up going in circles around a swamp. But no lake. Finally, after the third time, we asked someone who looked like a local (confidently inhabiting a park bench reading a William Gibson novel), who laughed and pointed to the swamp.

"That's the lake," he said. "You've been walking around it in circles."

In Toronto, we were used to what passes for nature in the city. You sit on the grass in the park, and it starts to rumble. What looks like a park is really an artfully disguised 'hood for the subway line.

But this was Super, Natural Vancouver, and we hoped for a little open water with our urban forest.

With Beaver Lake, a little open water is what you get and only after a deluge. The rest of the time, it's Beaver Swamp.

The park board has decided to put the lake back in Beaver Lake and has commissioned a study to figure out how.

First impressions aside, I've grown quite fond of our downtown swamp, and run around it a couple times a week. It's worth preserving, as it is the home of an astonishing number of critters, including one lonesome beaver, which keeps chewing on the landscaping and damming up the drains.

As the original Canadian icon, he has the right to chew the scenery.

I have to thank the board. It could just put up one of those urban ecology displays describing the evolution of the lake: From swamp to 7-Eleven. Then a developer comes along and builds Beaver Lake Walk. No beaver, no lake, no walk, but residual romance makes it worth $1,000 per square foot.

The park board doesn't always get it right, of course.

Not long ago, I was lamenting the insensitive shutdown of the kids' petting zoo.

Now it has to find homes for the animals. Maybe the board should just set them free and let them take their chances with the wild denizens of Beaver Lake.

Of course, tourists love to feed the wildlife despite the warning signs.

How long before the park is knee deep in goats, bunnies, hamsters and llamas?

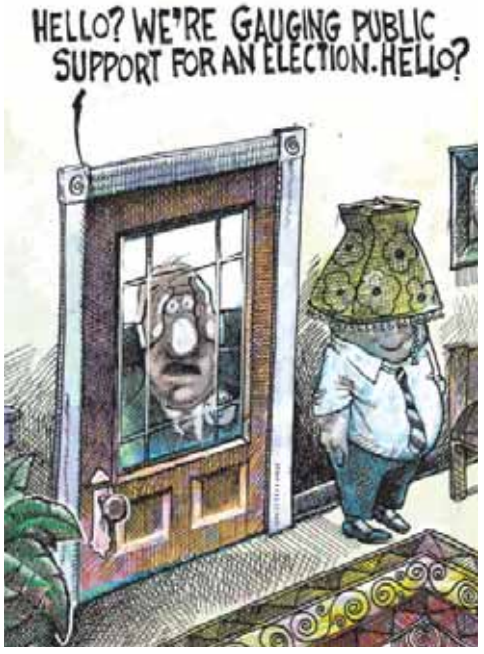
That's exactly what happened in 1937, when someone thought lily pads would look nice in Beaver Lake, and now Mr. Frog can walk across without getting his feet wet.

The marriage of nature and humanity in Vancouver is not always harmonious. But this one is a no-brainer: A lake surrounded by rainforest that's a 10-minute walk from Georgia Street is a 21st-century miracle — one that will disappear in 10 or 20 years if we don't do something now.

Save Beaver Lake. The beaver (I think his name is Dave) will thank you.

Cartoon

MICHAEL DE ADDER



A look inside polygamy

Worth mentioning

Bountiful

THE CANADIAN PRESS FILE

There is a polygamous sect in southeastern British Columbia have been cast as slaves, shackled by their religion in a world of abuse.

But several women from Bountiful will tell a different story when they testify in a Vancouver courtroom this week, insisting polygamy has been a positive force in their lives and asking that the law against multiple marriage be thrown out.

A B.C. Supreme Court judge examining the constitutionality of Canada's anti-polygamy law has spent nearly two months hearing experts debate about the alleged harms of polygamy.

Several women and men who left polygamous communities have also recounted what they described as physical and emotional abuse.

But this week's testimony will offer a rare glimpse inside Bountiful, a highly secretive community that resists outside scrutiny.

The British Columbia and federal governments are holding up the community as an example of why polygamy should remain illegal, but the women are expected to say the law — and not their marriages — is harming them and their families.

THE CANADIAN PRESS

What's your favourite video game? Why?

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Metro Minute at art gallery exhibit

Need a break from reality?

Head to the Vancouver Art Gallery and immerse yourself in its newest exhibit, Unreal.

The new show features works by contemporary artists exploring desire, fantasy, anxiety, irrationality and the absurd.

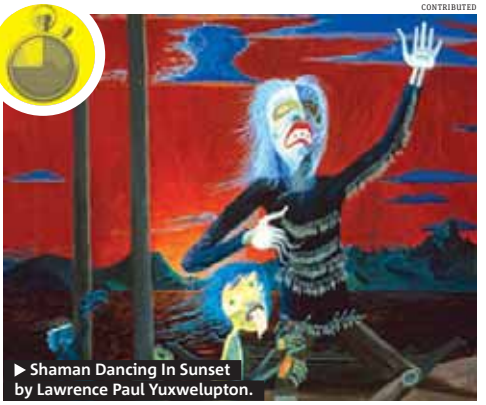
Drawn primarily from the gallery's permanent collection and augmented by selected loans, Unreal includes works by more than 60 artists, including Francis Bacon and Lawrence Paul Yuxwelupton.

The exhibit is on at 750 Hornby St. until September.

For hours and admission rates, visit vanartgallery.bc.ca.

KRISTEN THOMPSON

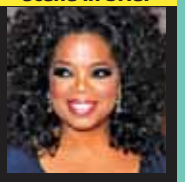
CONTRIBUTED



▶ Shaman Dancing In Sunset by Lawrence Paul Yuxwelupton.

2 scene

Scene in brief

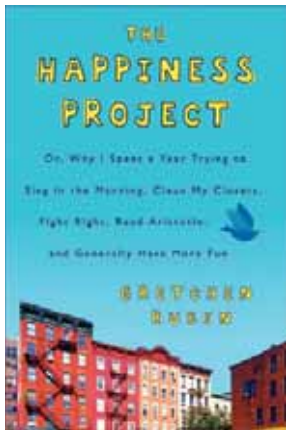


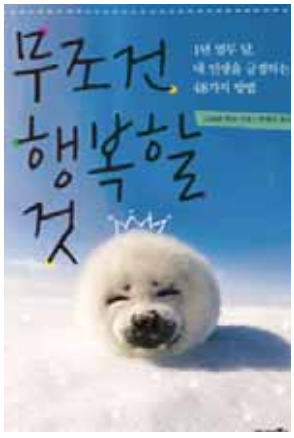
Oprah Winfrey has staged many a family reunion on her talk show. But on today's episode, she promises, the drama will be about her.

Winfrey told viewers Thursday that she will have a reunion of her own on the show. She wouldn't say with whom — only that it involves something she's learned about recently and is known to only a few people. "I thought I'd seen it all. But this, my friends, is the miracle of all miracles," Winfrey says in a promo for the show. "I was given some news that literally shook me to my core. This time, I'm the one being reunited," she said. "I was keeping a family secret for months, and on Monday you're going to hear it straight from me."

THE ASSOCIATED PRESS

Heirs of reggae icon Bob Marley win legal fight over use of his image in Nevada





GO ON, GET HAPPY

▶ Gretchen Rubin author of The Happiness Project.

With The Happiness Project, Gretchen Rubin has started a revolution. A former lawyer, she wanted to be happier, so she devoted a year to testing strategies from sources as varied as Oprah and Plato. Here, she digests the best tips.

A few years ago, Gretchen Rubin, a lawyer-turned-writer in New York, was happy but thought she could be happier. Life was passing.

So the mother of two started a Happiness Project, reading self-help books (from Oprah to Thoreau) and crafting a year-long syllabus full of resolutions. She would clean her closets. She would be kinder to her husband.

She would start a children's lit club. She would get happy, dammit.

The result was success — and a runaway international bestseller.

Metro asked Rubin to walk through what she learned month-by-month.

"Jump in right where you are," she says. "There's no need to catch up. Start right now."

STEVE ABILENE/METRO WORLD NEWS

JANUARY
THE THEME: Boost Energy, Vitality
THE TAKEAWAY: "The key thing here is that outer order contributes to inner calm. Consider clutter and organizing. It matters. A messy closet doesn't matter but it does. You get a disproportionate boost from it. You can self-medicate through cleaning closets."

FEBRUARY
THE THEME: Remember Love, Marriage
THE TAKEAWAY: "It's very tempting to think how happy you would be if other people behaved properly. But you can only change yourself. People ask me, 'Did your husband change' but if you change the relationship changes."

MARCH
THE THEME: Aim Higher, Work
THE TAKEAWAY: "For me, I started my blog. I one hundred per cent thought that novelty and challenge would not make me happier. I thought mastery and familiarity were the keys and I expected to abandon it. But I love it. The idea is to do something novel."

APRIL
THE THEME: Lighten Up, Parenthood
THE TAKEAWAY: "I decided that if I acted the way I wanted to feel, I would feel more that way—so if I acted calm and lighthearted, I would be that, and my kids would be the same. Remember: 'The days are long but the years are short.'"

MAY
THE THEME: Be serious about play, Leisure
THE TAKEAWAY: "If you want to have fun, you have to schedule it like a dentist appointment. It can't always be spontaneous. It seems paradoxical to schedule your spontaneous time but that's the reality. If you never find time, you won't!"

JUNE
THE THEME: Make Time for Friends, Friendship
THE TAKEAWAY: "Facebook, Twitter, I'm a big believer in the power of technology. I agree that nothing can replace face-to-face contact. ... Things like Facebook and e-mail have increased the people I can keep loose ties with. They add a lot to my life."

JULY
THE THEME: Buy Some Happiness, Money
THE TAKEAWAY: "I emphasize the role that money can play in a happy life. Used wisely, money can contribute very mightily. And the question for time and money are the same. Think about money in a way that contributes to happiness?"

AUGUST
THE THEME: Contemplate the Heavens, Eternity
THE TAKEAWAY: "Ugh, I tried to keep a gratitude notebook. I abandoned that. But imitating spiritual masters is a really good thing to try. Figure out who your spiritual master is. Then figure out how to apply the teachings in your own life."

SEPTEMBER
THE THEME: Pursue a Passion, Books
THE TAKEAWAY: "When I was writing, several people said, 'No one likes to read like you do, make it broad.' And I said, 'I need to write about me and it's so much about books and reading.' I find people totally get it even if their thing is cooking or music or nature."

OCTOBER
THE THEME: Pay Attention, Mindfulness
THE TAKEAWAY: "I failed here. Like, food diary: can't do it. I simply cannot make myself do it. I'm going to try again. I've tried twice and I always end up abandoning it. Maybe I'll abandon it with pride. There's got to be another way to be aware of what you eat."

NOVEMBER
THE THEME: Keep a Contented Heart, Attitude
THE TAKEAWAY: "I just love that Samuel Pepys quote: '...if I have a heart to be contented." One of my new revelations is that—it sounds obvious but—happy people make people happy but you can't make someone be happy."

DECEMBER
THE THEME: Perfect Happiness
THE TAKEAWAY: "The book came out a little more than a year ago and I'm still doing almost all the resolutions plus many more, and I still write the blog and I'm still deep into happiness. My children's lit groups and the blogs ... that's just two things right there."

Join the project online

Gretchen Rubin continues her project online at happiness-project.com and invites you to join at happinessproject-toolbox.com.

Gretchen on TV

The Happiness Project is currently being turned into an NBC TV comedy starring Kristen Davis of Sex and the City. "It's not a done deal yet," says Rubin. "They're working away."

Carrey finds love again?

Canadian actor reportedly getting close to former Top Model contestant

Jim Carrey is reportedly spending quality time with 24-year-old model Anchal Joseph, who was a contestant on America's Next Top Model in 2006, according to Radar Online.

The two stepped out together recently, checking out Laura Linney's latest play, Time Stands Still, in New York.

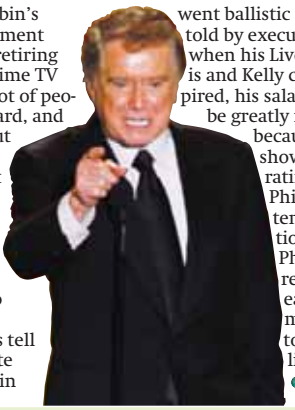
"Carrey's assistant called the theatre to ensure security would be top-notch and no one was to approach him for pictures," a source says.

"They were very romantic and there was lots of hand-holding." METRO

PASCAL LE SEGRETAIN/GETTY IMAGES

▶ Jim Carrey

Regis retiring out of anger, says TMZ



Regis Philbin's announcement that he's retiring from daytime TV caught a lot of people off-guard, and it turns out the talk-show host may have made the decision out of anger, according to TMZ.

Sources tell the website that Philbin went ballistic after being told by executives that when his Live with Regis and Kelly contract expired, his salary would be greatly reduced because of the show's lagging ratings and Philbin's extensive vacation time.

Philbin reportedly earns $18 million US to $20 million a year. METRO

Lohan saga continues

The fallout from Lindsay Lohan's alleged scuffle with a rehab worker last month isn't going away, as word has leaked that the other woman, Dawn Holland, reportedly accepted a $25,000 US bribe to keep quiet about the incident, according to TMZ.

Lindsay's dad, Michael Lohan, isn't denying the story. METRO

Why wait? James, Von D set to marry

NEILSON BARNARD/GETTY IMAGES

▶ Jesse James and Kat Von D

Though they just announced their engagement, Jesse James and Hollywood Ink star Kat Von D are reportedly set to tie the knot next month, according to Radar Online.

"Jesse and Kat don't see any reason why they should wait to trade vows," a source says. "They are madly in love with each other and want to make everything official."

A February ceremony would mean James would be remarried less than a year after his divorce from Sandra Bullock was finalized. METRO

Celebrity tweets

Today, Lindsay Lohan is a Kardashian fan, Samantha Ronson is rethinking the classics, MC Hammer is fighting insomnia, and Steve Martin is honouring himself.

Lindsay Lohan [@lindsaylohan] Can't wait for @KimKardashian and @KourtneyKardash Take NYC! My home town! Love you girls! xoxo

Samantha Ronson [@samantharonson] Is it just me or does "every time a bell rings, an angel gets his wings" seem incredibly morbid?

MC Hammer [@MCHammer] Going to sleep now.. Have to think about Oprah ... and Pam Grier !!!

Steve Martin [@SteveMartinToGo] I have just been given The "Golden Fellow Award." This is a one-time award given out by me. I'm suspicious of its validity, however. METRO

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Pet Car Control

Experts say having an unrestrained dog in the car can be deadly.

Tens of thousands of car accidents are believed to be caused every year by unrestrained pets, though no one has solid numbers.

The issue is drawing attention. Hawaii is the only state that specifically forbids drivers from operating a vehicle with a pet on their lap. But Oregon lawmakers are considering fining drivers who hold their pets behind the wheel.

THE ASSOCIATED PRESS

Don't walk this way: Smart phones foster dumb habits among pedestrians.

TWO GENERATIONS, ONE BOND

What's the secret to a happy marriage? To find out, Metro asked a couple married for 50 years to speak with a couple who tied the knot on the weekend It's amazing how little has changed

KATE LOWENSTEIN
LIFE@METRONEWS.CA
METRO WORLD NEWS

In The Happiness Project, when Gretchen Rubin solicited advice for her month dedicated to marriage, one of her friends offered that her grandparents, married 70 years, said the secret to a happy marriage is to enjoy an indoor game and an outdoor game together.

To get another perspective, we asked two couples — one married 50 years, one just married.

Love at first sight for all of you?

Hank: I don't know if it was love at first sight, but it was attraction at first sight. It was at a fraternity party in college. We picked each other out.

Dale: We were out with mutual friends. And as a traditional southern girl, Sissi wouldn't give me her number.

What led to the decision to marry?

Harriet: What were we thinking? I don't know what we were thinking. We met on May 20, 1960, and were married June 11, 1961. There was no drawn out ... thing. If you wanted to be with someone, you got married. It was the mindset of that time.

Did you have certain expectations of what your marriage would be like?

Hank: Our aspirations were very traditional. We wanted to have a family and we wanted to grow together. I don't think we planned for 50 years or even five years down the road at that point.

Why bother with the whole marriage thing? Why not just be together?

Dale: From a guy's perspective, I can connect with that a little bit. I think it's more for the girl: Getting married shows commitment. It's a promise. And if you're gonna be together, why not throw a good party.

Sissi: For me, it's that the tradition of marriage means a lot. Having that symbolically is more important than just being with somebody.

Hank and Harriet, did your ideas about marriage hold true over half a century?

Harriet: They did hold true. We wanted to be with one another, to raise a family and to help each other grow. I think we fulfilled that.

Did you ever worry, with all that growing, that you'd grow apart?

Hank: We've grown together and separately. We encourage each other in pursuits that the other one is not skilled or not interested in.

Harriet: Yeah. Over 50 years, you're going to change a lot. You need a partner who's going to encourage that.

Hank: For example: Harriet has become a professional artist — she's a sculptor. I can't chisel a piece of rock and get a flower or what have you, but I'm interested, and I encourage her.

Hank and Harriet, what was your most trying time?

Harriet: When Hank was first given the opportunity to go overseas for work, it was to Switzerland for five years. So we sold our house and moved to Switzerland with everything we had. I had to learn French, the kids were only in kindergarten and first grade ... it was really very difficult. And then, within six months, Hank was asked to go to Australia and next thing you know, we're packing up to move there. Years later, on the plane back from Australia, I made Hank sign a written contract that said we would never, ever pack up and move again. I think I still have it.

So, that's compromise right there. Do you have any other important rules?

Dale: We turn the TV off when we eat dinner.

Sissi: Yes, and we always sit at the dining table.

Hank: Funny you should say that — we have that rule, too. We like to know what each other has done that day.

Dale: Unless there's a football game on.

Hank: Oh yeah, for a playoff game we make a compromise: TV on, but no sound.

▶ Hank and Harriett, this year.

▶ Wedding day, 1961.

▶ Dale and Sissi, who were just married.

Our happy couples

MARRIED 50 YEARS

Harriet Fuld, 70, and Hank Fuld, 70, Swedesboro, New Jersey, USA
Married: June 11, 1961, Brooklyn, New York, U.S.A.

JUST MARRIED

Sissi Robinson, 29, and Dale Kasel, 29, Houston, Texas, USA
To be married: January 21, 2011, St Croix

> **"Even my 96-year-old grandmother could tell it was right. We'd go visit her and she'd say, 'Well, I can just tell.' It was just that feeling that you couldn't be without somebody."**
> SISSI ROBINSON

Slow-cooked and tender, too

This pulled pork sandwich is created by cooking the meat on low heat in a tangy sauce and serving on an onion bun

Pork slowly cooked in a tangy sauce until it pulls apart is a perfect dish to serve at lunch or dinner.

The long-cook method helps weaken the connective tissue in the meat, which allows the pork to be pulled or easily broken down into small pieces.

Preparation:

1. Place onions on bottom of slow cooker. Place pork on top. Sprinkle apples over top and down sides.
2. Sauce: In a large bowl, mix together chili sauce, mustard, honey, chili powder, tomato paste, Worcestershire sauce, sugar, paprika and garlic; pour over meat and apples. Cover and cook on low for 6 to 7 hours.
3. Remove roast to large plate. Using 2 forks in opposite directions, shred meat along its length. Stir meat back into sauce and serve on buns.

THE CANADIAN PRESS

Ingredients:

Slow Cooked Pork
- 500 ml (2 cups) thinly sliced onions
- 1.5 kg (3 lb) pork loin roast
- 500 ml (2 cups) chopped, peeled apples
- 8 large onion buns

Sauce
- 1 bottle (455 ml) chili sauce
- 75 ml (1/3 cup) each grainy mustard and liquid honey
- 30 ml (2 tbsp) chili powder
- 30 ml (2 tbsp) each tomato paste and Worcestershire sauce
- 15 ml (1 tbsp) packed brown sugar
- 5 ml (1 tsp) smoked paprika (or 10 ml/2 tsp regular paprika)
- 2 cloves garlic, minced

THE CANADIAN PRESS/ HO FOODLAND ONTARIO

▶ This pulled pork sandwich is slow-cooked for six to seven hours.

Lake Baikal blues

Pollutants from a Soviet-era factory threatening world's deepest lake

ALYONA BOBROVICH
METRO WORLD NEWS

Lake Baikal, the world's oldest and deepest lake, is famous for its pristine, enchantingly blue colour; locals call it the "Pearl" and "Blue Eye" of Siberia.

Yet the serene beauty of the lake is under threat.

A Soviet-era paper plant at its southern tip still pollutes the lake, ecologists say — the source of 96 percent of the lake's pollutants.

The Baikal Pulp and Paper Mill was built 44 years ago, at the height of Soviet industrialism when "mono-towns," communities built around a single factory, dotted the vast landscape.

But since then, the plant, which transforms wood into rolls of cardboard, has been wreaking havoc upon Baikal's ecosystem, says Andrei Margulev, a coordinator for a union of non-governmental ecological groups.

"Two years ago, they shut down this plant. Then Prime Minister Vladimir Putin had it reopened. To make this plant eco-friendly is simply impossible," the ecologist says.

Environmentalists reckon that every year the paper mill dumps millions of cubic meters of industrial waste into Baikal, and the pollution area will increase. The plant in the town of Baikalsk is not the only culprit.

Located near Baikal's eastern banks, Ulan-Ude, (the capital city of the Russian region of Buryatia), as of 2007 dumped some 37 million cubic metres of wastewater into the river Selenga which runs into the lake.

Last summer, scientists carried out extensive first-time work in the waters near the Baikal Pulp and Paper Mill to measure its effects of life in and around the lake.

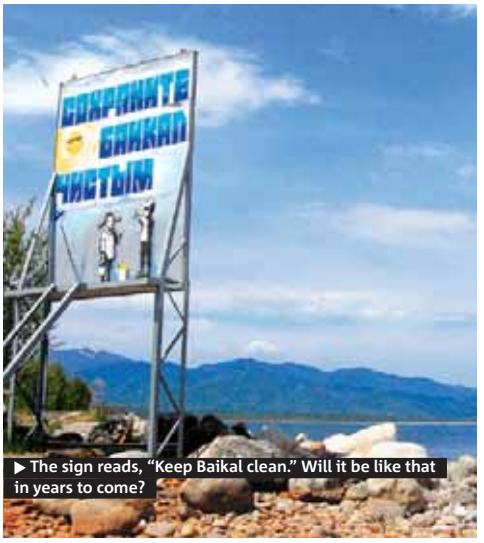
"After diving in submersibles near the plant's drainpipe, we discovered that traces of emissions were visible," Igor Khanaev, a senior biologist at the Limnological Institute in Irkutsk, told Metro.

"We also found that the number of fish and crustaceans was much less than in other locations of the lake."

Scientists say Baikal's cleanliness is due to epischura baikalensis, a species of small crustaceans endemic to the lake, which breaks down natural impurities in the water, whose numbers decrease year by year.

To ignore this situation could mean that 10 years from now, Lake Baikal will no longer have that enchantingly blue colour.

FLICKRCC DELIRANTE BESTIOLE



▶ The sign reads, "Keep Baikal clean." Will it be like that in years to come?

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Turning Point

TERESA KRUZE
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PUT IT IN PRINT

▶ John MacInnes, President and CEO of Print Audit.

The company began as an idea on a crumpled up cocktail napkin and was born in the basement of a Calgary home.

Now Print Audit is a multi-million dollar business with offices in seven countries around the world.

It's the brain child of John MacInnes an entrepreneur who caught the business bug early in life.

MacInnes' turning point came when he was 10 years old and was told he couldn't have a raise in his allowance.

"Dad showed me there were lots of ways to make money on your own." While his friends enjoyed their summers, John was running small businesses selling used books, washing windows and painting houses.

Fast forward 15 years later to the Christmas party and the crumpled up cocktail napkin.

MacInnes Musings

- Find mentors and advisors. Save yourself some time by speaking with people who have been there.
- Get a customer. As soon as someone is willing to give you their money you have a company.
- Don't wait for your product to be perfect. Get it to "good enough" and then refine it quickly with advice.

MacInnes took the idea and started Print Audit, a company that significantly lowers the cost and impact of printing from a computer.

"Fortune 500 companies use us … we're on one million desktops around the world."

A Canadian success story that's good for the environment? John MacInnes' father would be proud.

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Going back to the books

Think it's too late to learn again? It might be the perfect time to try

Students that re-matriculate to an undergrad program after years in the real world often think of their story as outside the norm. But according to the U.S. Department of Education, only about 35 per cent of students graduate in four years, and only 56 per cent finish in six.

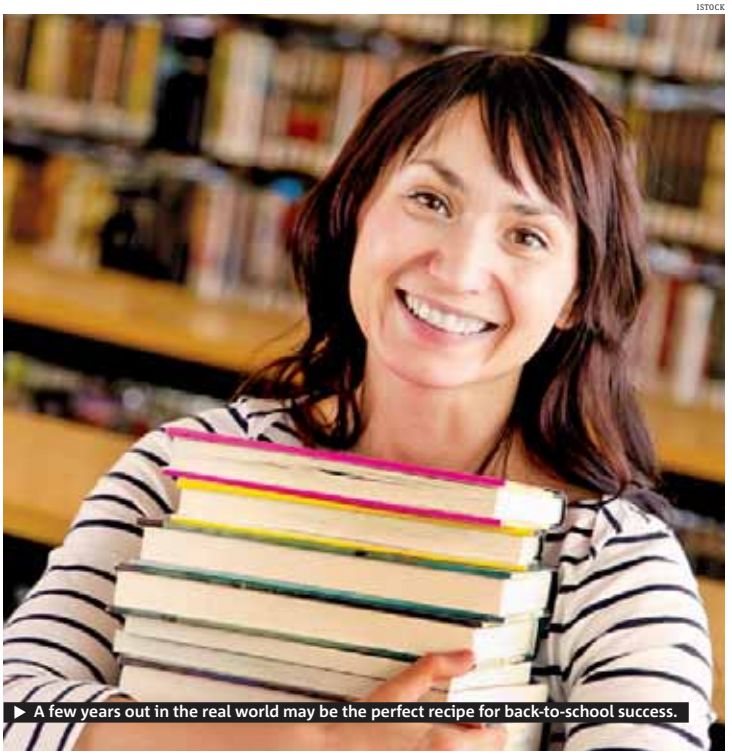
The long haul is more common these days, and the wisdom gained from those who did make it back — to graduation, and beyond — is more valuable than ever.

"I see a lot of young people who drop out or fail out because they can't ask for help. Just admitting shortcomings and seeking help is not a part of their success framework," says Hassan Davis, who failed out of Berea College twice before graduating as the student body president in 1992.

Since then, Davis obtained a law degree from the University of Kentucky and has received fellowships from the PEW and Rockefeller foundations.

"I think it's important to share your dream. As soon as you do that, you'd be surprised who steps up to help you make that happen," he says.

ISTOCK



A few years out in the real world may be the perfect recipe for back-to-school success.

After 40 years in the workforce, Jerry Spright graduated from Colorado State-Pueblo in 2010. "The consequences of not having a formal education were enormous," he says.

He is now just four credits from a master's degree. "The toughest part was convincing myself it was indeed a doable thing."

NEWS CANADA

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The stage is set

21	14
PACKERS	BEARS

Green Bay wins NFC, will meet Steelers in Super Bowl ● Bears rally with third-string QB after losing Cutler, but late interceptions end comeback bid

There was one Monster of the Midway in the NFC championship game and his name was Aaron Rodgers.

He wasn't even at his best and, still, he was better than the first, the second and the third quarterback used in vain by the Chicago Bears against their bitter rivals.

Rodgers ran for a score and made a TD-saving tackle in leading the Green Bay Packers into the Super Bowl with a bone-jarring 21-14 victory yesterday over Chicago.

"It's an incredible feeling," Rodgers said. "I'm at a loss for words."

Rodgers played well enough to keep the Bears off balance all afternoon, Green Bay punter Tim Masthay kept Devin Hester under wraps and the Packers' superb defence took care of the rest in knocking the Bears out of the playoffs.

It was the 182nd meeting in the league's most historic feud, and the stakes had never been bigger.

Now the Packers (13-6) are headed to Dallas. And no matter what happens in the Super Bowl on Feb. 6, the Packers and their fans hold ultimate bragging rights over their foes to the south.

"We made a play to win the game and that's all that matters," Packers linebacker Clay Matthews said.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

▶ Sam Shields intercepts the game's final pass and runs for 32 yards to seal the 21-14 victory for the Packers.

Steelers' D holds Jets in check

24	19
STEELERS	JETS

The Pittsburgh Steelers found a fitting way to shut down the New York Jets' season.

What started with Hard Knocks ended with hard knocks, too.

For the third time in six seasons, Terrible Towels will twirl at the Super Bowl. The Steelers silenced Rex Ryan's wild bunch with a fumble return for a touchdown and a goal-line stand in a 24-19 victory for the AFC championship yesterday. They will face Green Bay in Dallas in two weeks.

Look out Big D, here comes another Big D — in black and gold, and with an unmatched history of carrying off the Lombardi Trophy.

You can bet that unit led by James Harrison, which shut down the Jets' comeback in the fourth quarter, will test Aaron Rodgers. That overwhelming defence set the tone for most of a frigid night at Heinz Field to end the Jets' stunning post-season run.

Ryan slammed down his headset when Antonio Brown, also a hero last week, caught a pass for a first down that allowed Pittsburgh to hang on and run out the clock.

And the Steelers (14-4) will challenge the Packers' defence with a versatile attack led by running back Rashard Mendenhall and quarterback Ben Roethlisberger.

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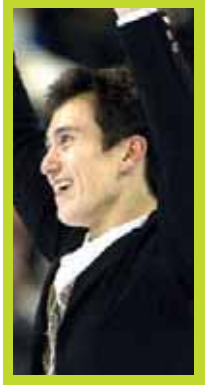
4 sports

Quoted



"If this was a year ago, he'd be an Olympic champion."

KURT BROWNING ON THE PERFORMANCE IN VICTORIA YESTERDAY OF PATRICK CHAN, ABOVE. CHAN LANDED TWO HUGE QUAD JUMPS IN A STUNNING PERFORMANCE TO ANDREW LLOYD WEBBER'S PHANTOM OF THE OPERA TO WIN HIS FOURTH CONSECUTIVE CANADIAN MEN'S FIGURE SKATING TITLE.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	49	32	12	2	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	15-11-2-1	6-4-0-0	W4
d-Boston	48	27	14	2	5	150	109	61	12-9-1-2	15-5-1-3	6-3-1-0	W1
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1
Washington	49	27	14	5	3	139	126	62	16-5-2-3	11-9-3-0	5-2-3-0	W2
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1
NY Rangers	50	28	19	2	1	143	121	59	12-10-1-1	16-9-1-0	6-4-0-0	W1
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	2-5-1-2	L3
Carolina	48	23	19	2	4	143	149	52	12-8-1-1	11-11-1-3	5-5-0-0	L1
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4
Toronto	47	19	23	2	3	120	145	43	10-11-2-2	9-12-0-1	5-4-0-1	L1
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-6-1-2	L5
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	4-5-0-1	L1
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-0	6-3-1-0	W4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	48	29	10	4	5	156	119	67	15-3-1-4	14-7-3-1	5-2-1-2	L1
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1
d-Dallas	48	29	14	1	4	143	129	63	15-6-1-3	14-8-0-1	7-2-0-1	L1
Nashville	48	27	15	4	2	132	114	60	11-4-3-2	16-11-1-0	8-2-0-0	W3
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1
Phoenix	49	24	16	6	3	141	139	57	10-8-3-2	14-8-3-1	6-3-0-1	L1
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1
San Jose	49	25	19	4	1	142	137	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Colorado	48	24	18	6	0	155	157	54	13-10-3-0	11-8-3-0	4-5-1-0	L2
Minnesota	48	24	19	1	4	126	132	53	11-11-0-2	13-8-1-2	6-4-0-0	L1
St. Louis	47	22	18	3	4	126	138	51	15-9-1-2	7-9-2-2	2-6-1-1	L2
Los Angeles	48	25	22	1	0	138	122	51	15-9-1-0	10-13-0-0	3-7-0-0	W1
Columbus	48	23	20	3	2	128	149	51	12-10-0-1	11-10-3-1	3-5-1-1	W2
Calgary	49	22	21	2	4	137	150	50	12-9-0-1	9-12-2-4	4-3-1-2	W2
Edmonton	47	14	25	1	7	117	162	36	7-13-1-3	7-12-1-3	2-7-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Buffalo 5 N.Y. Islanders 3
New Jersey 5 Florida 2
Philadelphia 4 Chicago 1
Tampa Bay 7 Atlanta 1
Nashville 3 Edmonton 2 (SO)
Saturday's results
Calgary 4 Vancouver 3 (SO)
Anaheim 4 Montreal 3 (SO)
Washington 4 Toronto 1
Boston 6 Colorado 2
Chicago 4 Detroit 1
Columbus 5 St. Louis 2
Los Angeles 4 Phoenix 3
New Jersey 3 Philadelphia 1
N.Y. Rangers 3 Atlanta 2 (SO)
Pittsburgh 3 Carolina 2
San Jose 4 Minnesota 3
Tonight's games
(All times Eastern)
N.Y. Rangers at Washington, 7 p.m.
Toronto at Carolina, 7 p.m.
Nashville at Calgary, 9 p.m.
St. Louis at Colorado, 9:30 p.m.
Dallas at Vancouver, 10 p.m.
Boston at Los Angeles, 10:30 p.m.

PREDATORS 3, OILERS 2 (SO)

First Period
1. Nashville, Sulzer 1 (Kostitsyn, Franson) 11:53
Penalties — Vandermeer Edm (interference) 0:51, Sulzer Nash (holding) 9:46, Stortini Edm (charging) 13:17, Belak Nash (roughing) 17:33.
Second Period
No Scoring.
Penalties — Peckham Edm (holding) 3:37, Belak Nash (hooking) 9:51.
Third Period
2. Edmonton, Cogliano 7 (Reddox, Peckham) 2:03
3. Nashville, Ward 6 (Sulzer, Franson) 14:05 (pp)
4. Edmonton, Hall 15 (Penner, Vandermeer) 16:13
Penalties — Smid Edm (holding) 12:10, Peckham Edm (hooking) 19:14.
Overtime — No Scoring.
Penalty — Suter Nash (tripping) 1:21.
Shootout
(Nashville wins 1-0)
Nashville (1) — Goc, miss; Franson, goal; Edmonton (0) — Omark, miss; Gagner, miss; Hall, miss.
Shots

Nashville	5	7	14	2—28
Edmonton	5	9	6	4—24

Goal — Nashville: Rinne (W,17-11-4); Edmonton: Dubnyk (SOL,4-4-6). **Power plays (goals-chances)** — Nashville: 1-5; Edmonton: 0-4.
Referees — Rob Martell, Brad Watson. **Linesmen** — Andy McElman, Don Henderson.
Att. — 16,839 (16,839) at Edmonton.

SOCCER

ENGLAND

PREMIER LEAGUE
Yesterday's result
Blackburn 2 West Bromwich Albion 0

LEAGUE CHAMPIONSHIP
Queens Park Rangers 2 Coventry 1

FOUR NATIONS
ROUND ROBIN
At Beijing
Yesterday's results
U.S. 2 **Canada 1**
China 2 Sweden 1

GERMANY

BUNDESLIGA
Yesterday's results
Borussia Moenchengladbach 1 Bayer Leverkusen 3
Hoffenheim 2 St. Pauli 2

ITALY

SERIE A
Yesterday's results
AC Milan 2 Cesena 0
Bari 0 Napoli 2
Bologna 3 Lazio 1
Chievo Verona 0 Genoa 0
Fiorentina 1 Lecce 1
Sampdoria 0 Juventus 0
Udinese 3 Inter Milan 1

SPAIN

LA LIGA
Yesterday's results
Almeria 3 Osasuna 2
Getafe 1 Espanyol 3
Real Madrid 1 Mallorca 0
Sporting Gijon 1 Atletico Madrid 0
Villarreal 2 Real Sociedad 1
Zaragoza 1 Deportivo La Coruna 0

TENNIS

AUSTRALIAN OPEN
At Melbourne, Australia
Early Monday results
MEN
Singles — Fourth Round
Alexandr Dolgopolov, Ukraine, def. Robin Soderling (4), Sweden, 1-6, 6-3, 6-1, 4-6, 6-2.
Doubles
Third Round
Mahesh Bhupathi and Leander Paes (3), India, def. Marcel Granollers and Tommy Robredo (13), Spain, 6-4, 4-6, 6-4.
Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, def. Colin Ebelthite and Adam Feeney, Australia, 6-1, 4-6, 6-4.
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. David Marrero and Ruben Ramirez Hidalgo, Spain, 6-3, 6-4.
WOMEN
Singles
Fourth Round
Vera Zvonareva (2), Russia, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Petra Kvitova (25), Czech Republic, def. Flavia Pennetta (22), Italy, 3-6, 6-3, 6-3.
Doubles
Third Round
Cara Black, Zimbabwe, and Anastasia Rodionova (5), Australia, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-4, 6-2.
Chuang Chia-jung and Hsieh Su-wei, Taiwan, def. Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, 6-4, 6-2.
LEGENDS DOUBLES
Round Robin
Todd Woodbridge and Mark Woodforde, Australia, def. Guy Forget, France, and Mats Wilander, Sweden, 6-2, 2-6, 10-3 tiebreak.
Sunday's results
MEN
Singles – Fourth Round
Roger Federer (2), Switzerland, def. Tommy Robredo, Spain, 6-3, 3-6, 6-3, 6-2.
Novak Djokovic (3), Serbia, def. Nicolas Almagro (14), Spain, 6-3, 6-4, 6-0.
Tomas Berdych (6), Czech Republic, def. Fernando Verdasco (9), Spain, 6-4, 6-2, 6-3.
Stanislas Wawrinka (19), Switzerland, def. Andy Roddick (8), U.S., 6-3, 6-4, 6-4.
Doubles — Third Round
Bob and Mike Bryan (1), U.S., def. Benjamin Becker and Michael Kohlmann, Germany, 7-5, 6-2.
Max Mirnyi, Belarus, and **Daniel Nestor (2),** Toronto, def. Carsten Ball and Chris Guccione, Australia, 6-4, 7-5.
Lukasz Kubot, Poland, and Oliver Marach (4), Austria, def. Daniele Bracciali and Potito Starace, Italy, 6-3, 6-1.
Jurgen Melzer, Austria, and Philipp Petzschner (6), Germany, def. Bjorn Phau, Germany, and Janko Tipsarevic, Serbia, 6-3, 6-2.
WOMEN
Singles — Fourth Round
Caroline Wozniacki (1), Denmark, def. Anastasija Sevastova, Latvia, 6-3, 6-4.
Francesca Schiavone (6), Italy, def. Svetlana Kuznetsova (23), Russia, 6-4, 1-6, 16-14.
Li Na (9), China, def. Victoria Azarenka (8), Belarus, 6-3, 6-3.
Andrea Petkovic (30), Germany, def. Maria Sharapova (14), Russia, 6-2, 6-3.
Doubles — Third Round
Gisela Dulko, Argentina, and Flavia Pennetta (1), Italy, def. Olga Govortsova, Belarus, and Alla Kudryavtseva, Russia, 6-3, 6-2.
Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Shahar Peer, Israel, and Peng Shuai (14), China, 6-2, 7-6 (3).
Bethanie Mattek-Sands and Meghann Shaughnessy (9), U.S., def. Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, 7-5, 6-3.
Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, def. Julia Goerges, Germany, and Lisa Raymond (7), U.S., 7-6 (5), 3-6, 6-4.
MIXED DOUBLES — First Round
Maria Kirilenko, Russia, and Nenad Zimonjic (3), Serbia, def. Yan Zi, China, and Rohan Bopanna, India, 7-6 (6), 6-1.
Barbora Zahlavova Strycova, Czech Republic, and Oliver Marach (8), Austria, def. Mirjana Lucic, Croatia, and Bernard Tomic, Australia, 7-6 (3), 6-3.
Chan Yung-jan, Taiwan, and Paul Hanley, Australia, def. Alexandra Dulgheru, Romania, and Michael Kohlmann, Germany, 6-2, 6-0.
Sofia Arvidsson, Sweden, and Philipp Petzschner, Germany, def. Alicja Rosolska, Poland, and Jamie Murray, Britain, 6-3, 6-3.
LEGENDS DOUBLES — Round Robin
Jacco Eltingh and Paul Haarhuis, Netherlands, def. Guy Forget, France, and Mats Wilander, Sweden, 7-6 (5), 6-4.
Todd Woodbridge and Mark Woodforde, Australia, def. Mansour Bahrami, Iran, and Cedric Pioline, France, 7-5, 7-6 (3).
Thomas Muster, Austria, and Mikael Pernfors, Sweden, def. Wayne Ferreira, South Africa, and Yevgeny Kafelnikov, Russia, 7-6 (7), 6-3.

GOLF

PGA BOB HOPE CLASSIC
At La Quinta, Calif
Final round
(PGA West, Arnold Palmer Private Course, 6,950 yards; PGA West, Jack Nicklaus Private Course, 6,924 yards; La Quinta Country Club, 7,060 yards; s-SilverRock Resort, Palmer Course, 7,403 yards; final played only on Palmer Course; x—won on second playoff hole):

x-Jhonattan Vegas, $900,000	64-67-67-66-69—333
Bill Haas, $440,000	69-68-68-62-66—333
Gary Woodland, $440,000	65-69-64-66-69—333
Ryan Palmer, $240,000	67-71-65-67-64—334
Brian Gay, $190,000	69-69-66-70-62—336
Kevin Na, $190,000	69-67-68-65-67—336
Chris Couch, $150,625	67-65-69-70-66—337
Matt Kuchar, $150,625	66-70-67-66-68—337
Keegan Bradley, $150,625	66-67-68-66-70—337
Chris Kirk, $150,625	69-68-64-66-70—337
Greg Chalmers, $120,000	67-67-65-69-70—338
D.Summerhays, $120,000	69-66-68-64-71—338
Bill Lunde, $80,556	74-64-67-68-66—339
Derek Lamely, $80,556	63-73-72-64-67—339
Webb Simpson, $80,556	68-69-67-68-67—339
Justin Leonard, $80,556	69-71-64-68-67—339
Alex Cejka, $80,556	69-67-67-68-68—339
Brian Davis, $80,556	67-66-71-68-67—339
Jerry Kelly, $80,556	67-68-67-68-69—339
Charles Howell III, $80,556	66-66-70-67-70—339
Boo Weekley, $80,556	65-66-72-66-70—339
Michael Bradley, $52,000	68-69-67-67-69—340
Dean Wilson, $52,000	69-68-67-66-70—340
Martin Laird, $52,000	68-68-64-66-74—340
Vaughn Taylor, $39,875	71-66-69-68-67—341
Brendon de Jonge, $39,875	68-71-70-66-66—341
David Duval, $39,875	68-67-69-68-69—341
Zack Miller, $39,875	74-66-68-69-64—341
Matt Jones, $33,250	67-71-66-70-68—342
Jason Gore, $33,250	70-68-65-70-69—342
Kyle Stanley, $33,250	65-71-68-71-67—342
Shaun Micheel, $33,250	66-72-68-65-71—342
Steve Elkington, $24,778	68-69-67-69-70—343
Mark Calcavecchia, $24,778	69-69-69-68-68—343
Stephen Ames, $24,778	**69-68-68-68-70—343**

CHAMPIONS MITSUBISHI ELECTRIC CHAMPIONSHIP
At KAUPULEHU-KONA, Hawaii
Final round
Par 72

John Cook, $305,000	66-64-64—194
Tom Lehman, $184,000	66-66-64—196
Tom Watson, $130,000	64-65-68—197
Jeff Sluman, $100,000	65-66-68—199
Russ Cochran, $100,000	62-65-72—199
Corey Pavin, $80,000	67-68-65—200
Tom Kite, $70,000	67-66-68—201
Keith Fergus, $50,600	69-69-64—202
David Frost, $50,600	67-69-66—202
Michael Allen, $50,600	70-66-66—202
Also	
Rod Spittle, $28,000	**71-67-67—205**

LACROSSE

NLL
WEEK THREE
Saturday's results
Buffalo 15 Toronto 14 (OT)
Minnesota 9 Edmonton 8
Washington 19 Calgary 14
Philadelphia 11 Colorado 10
Rochester 11 Boston 10 (OT)
Friday's results
Toronto 15 Boston 14 (OT)
WEEK FOUR
Friday, Jan. 28
Philadelphia at Boston, 7:30 p.m.
Calgary at Edmonton, 9 p.m.
Saturday, Jan. 29
Buffalo at Toronto, 7 p.m.
Colorado at Philadelphia, 7 p.m.
Boston at Rochester, 7:35 p.m.
Washington at Minnesota, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.

NFL

CONFERENCE CHAMPIONSHIPS
Yesterday's results
(All times Eastern)
NFC
Green Bay 21 Chicago 14
AFC
Pittsburgh 24 N.Y. Jets 19

PRO BOWL
Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV
Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

PACKERS 21, BEARS 14

Green Bay	**7**	**7**	**0**	**7**	**—21**
Chicago	**0**	**0**	**0**	**14**	**—14**

First Quarter
GB—Rodgers 1 run (Crosby kick), 10:50.
Second Quarter
GB—Starks 4 run (Crosby kick), 11:13.
Third Quarter
No Scoring.
Fourth Quarter
Chi—Taylor 1 run (Gould kick), 12:02.
GB—Raji 18 interception return (Crosby kick), 6:04.
Chi—Bennett 35 pass from Hanie (Gould kick), 4:43.
Att. —62,377 at Chicago.

TEAM STATISTICS	**GB**	**Chi**
First downs	23	17
Total Net Yards	356	301
Rushes-yards	32-120	24-83
Passing	236	218
Punt Returns	3-13	4-38
Kickoff Returns	3-44	4-63
Interceptions Ret.	3-58	2-43
Comp-Att-Int	17-30-2	19-38-3
Sacked-Yards Lost	1-8	2-15
Punts	8-41.8	9-37.1
Fumbles-Lost	2-0	1-0
Penalties-Yards	6-40	9-89
Time of Possession	34:04	25:56

INDIVIDUAL STATISTICS
RUSHING—Green Bay, Starks 22-74, Rodgers 7-39, Jackson 2-5, Kuhn 1-2. Chicago, Forte 17-70, Cutler 2-10, Hanie 1-3, Taylor 3-2, Bennett 1-(minus 2).
PASSING—Green Bay, Rodgers 17-30-2-244. Chicago, Hanie 13-20-2-153, Cutler 6-14-1-80, Collins 0-4-0-0.
RECEIVING—Green Bay, Jennings 8-130, Nelson 4-67, Jackson 1-16, J.Jones 1-10, Driver 1-9, Kuhn 1-6, Starks 1-6. Chicago, Forte 10-90, Bennett 3-45, Olsen 3-30, Knox 2-56, Taylor 1-12.

STEELERS 24, JETS 19

N.Y. Jets	**0**	**3**	**7**	**9**	**—19**
Pittsburgh	**7**	**17**	**0**	**0**	**—24**

First Quarter
Pgh—Mendenhall 1 run (Suisham kick), 5:54.
Second Quarter
Pgh—FG Suisham 20, 6:51.
Pgh—Roethlisberger 2 run (Suisham kick), 2:00.
Pgh—Gay 19 fumble return (Suisham kick), 1:13.
NYJ—FG Folk 42, 0:09.
Third Quarter
NYJ—Holmes 45 pass from Sanchez (Folk kick), 12:13.
Fourth Quarter
NYJ—DeVito safety, 7:38.
NYJ—Cotchery 4 pass from Sanchez (Folk kick), 3:06.
Att. — 66,662 at Pittsburgh, Pa.

TEAM STATISTICS	**NYJ**	**Pgh**
First downs	17	23
Total Net Yards	289	287
Rushes-yards	22-70	43-166
Passing	219	121
Punt Returns	0-0	2-10
Kickoff Returns	5-51	4-70
Interceptions Ret.	2-10	0-0
Comp-Att-Int	20-33-0	10-19-2
Sacked-Yards Lost	2-14	2-12
Punts	4-36.5	1-38.0
Fumbles-Lost	2-1	3-0
Penalties-Yards	6-50	4-25
Time of Possession	25:19	34:41

INDIVIDUAL STATISTICS
RUSHING—N.Y. Jets, Greene 9-52, Tomlinson 9-16, Sanchez 3-6, Cotchery 1-(minus 4). Pittsburgh, Mendenhall 27-121, Redman 4-27, Roethlisberger 11-21, Moore 1-(minus 3).
PASSING—N.Y. Jets, Sanchez 20-33-0-233. Pittsburgh, Roethlisberger 10-19-2-133.
RECEIVING—N.Y. Jets, Keller 8-64, Cotchery 5-33, Edwards 3-50, Holmes 2-61, B.Smith 2-25. Pittsburgh, Miller 2-38, Mendenhall 2-32, Ward 2-14, Sanders 1-20, Brown 1-14, Moore 1-9, Wallace 1-6.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	33	10	.767	—
d-Miami	31	13	.705	2½
d-Chicago	30	14	.682	3½
Orlando	29	15	.659	4½
Atlanta	29	16	.644	5
New York	22	21	.512	11
Philadelphia	18	25	.419	15
Charlotte	17	25	.405	15½
Indiana	16	25	.390	16
Milwaukee	16	25	.390	16
Detroit	16	28	.364	17½
Washington	13	29	.310	19½
Toronto	13	31	.295	20½
New Jersey	12	32	.273	21½
Cleveland	8	35	.186	25

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	37	7	.841	—
d-L.A. Lakers	32	13	.711	5½
Dallas	28	15	.651	8½
d-Oklahoma City	28	15	.651	8½
New Orleans	29	16	.644	8½
Utah	27	17	.614	10
Denver	25	18	.581	11½
Portland	25	20	.556	12½
Memphis	21	23	.477	16
Phoenix	20	22	.476	16
Houston	20	25	.444	17½
Golden State	19	24	.442	17½
L.A. Clippers	17	26	.395	19½
Minnesota	10	33	.233	26½
Sacramento	9	32	.220	26½

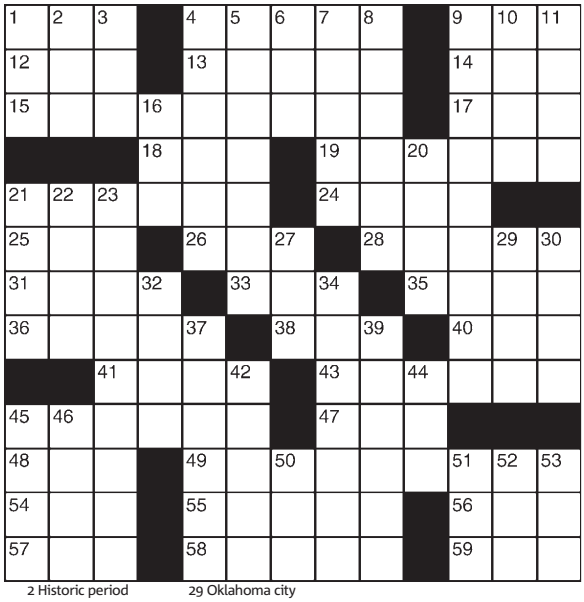
d-division leader
Last night's result
Denver 121 Indiana 107
Saturday's results
Atlanta 103 Charlotte 87
Dallas 87 New Jersey 86
Washington 85 Boston 83
Detroit 75 Phoenix 74
Miami 120 Toronto 103
Philadelphia 96 Utah 85
Chicago 92 Cleveland 79
New Orleans 96 San Antonio 72
Oklahoma City 101 New York 98
Orlando 118 Houston 104
Memphis 94 Milwaukee 81
Portland 97 Indiana 92
L.A. Clippers 113 Golden State 109
Tonight's games
Cleveland at New Jersey, 7 p.m.
Detroit at Orlando, 7 p.m.
Phoenix at Philadelphia, 7 p.m.
Memphis at Toronto, 7 p.m.
Washington at New York, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Houston at Minnesota, 8 p.m.
Oklahoma City at New Orleans, 8 p.m.
Sacramento at Portland, 10 p.m.
San Antonio at Golden State, 10:30 p.m.

NUGGETS 121, PACERS 107
INDIANA (107)
Granger 2-10 4-4 8, Hansbrough 10-17 7-9 27, Hibbert 6-15 0-2 12, Collison 2-10 1-1 5, Dunleavy 3-6 2-2 10, Foster 2-3 4-4 8, Price 1-6 3-3 6, George 7-10 1-2 17, Posey 1-4 0-0 3, Rush 3-4 0-0 9, S.Jones 0-2 2-2 2. Totals 37-87 24-29 107.
DENVER (121)
Anthony 14-27 2-5 36, Martin 2-5 0-0 4, Nene 7-11 1-1 15, Billups 4-9 3-3 12, Afflalo 3-7 2-2 9, Harrington 7-11 1-1 16, Smith 4-9 0-1 8, Lawson 4-6 4-4 13, Ely 0-1 0-0 0, Williams 1-2 2-2 4, Carter 1-2 0-0 3, Forbes 0-2 1-2 1. Totals 47-92 16-21 121.

Indiana	30	21	27	29—107
Denver	27	32	34	28—121

3-Point Goals—Indiana 9-21 (Rush 3-3, Dunleavy 2-3, George 2-3, Price 1-3, Posey 1-4, Granger 0-2, Collison 0-3), Denver 11-20 (Anthony 6-8, Carter 1-1, Lawson 1-1, Harrington 1-2, Billups 1-2, Afflalo 1-3, Forbes 0-1, Smith 0-2). Fouled Out—Nene. Rebounds—Indiana 52 (Hansbrough 10), Denver 53 (Nene 10). Assists—Indiana 25 (Price 8), Denver 28 (Billups 6). Total Fouls—Indiana 22, Denver 22. Technicals—Indiana defensive three second, Denver defensive three second.
A—17,047 (19,155) at Denver.

Crossword



Across

1 Plead
4 Agriculturists' venues
9 Corn on the —
12 Rage
13 The Little Mermaid
14 "The — Daba Honeymoon"
15 Maryland metropolis
17 Steal from
18 Bobby of hockey fame
19 Wheeled stretcher
21 Royal home
24 Needle case
25 Swiss canton
26 Fashion monogram
28 Homes for bees
31 Transmit
33 Scottish cap
35 "—, Nanette"
36 Nonbeliever
38 Dallas basketballer, for short
40 Edge
41 Pc. of wordplay
43 Ebb
45 Go against
47 Judge Lance
48 Cow's comment
49 Navy rank
54 Blunder
55 Sun-dried brick
56 Fresh
57 Born
58 McEntire andothers
59 Adam's mate

Down

1 Clothes protector
2 Historic period
3 Hair goop
4 Without bias
5 Recliner part
6 — de Janeiro
7 Come together
8 Detective
9 Meat-eater
10 Reed instrument
11 Infant
16 Youngster
20 Destroy
21 Turning point
22 Vicinity
23 Asian city-state
27 Felon's flight
29 Oklahoma city
30 Not all
32 Soap actress Linda
34 Xylophone's cousin
37 Dale Earnhardt's org.
39 Kills bills
42 Crystal-lined rock
44 Massachusetts cape
45 Portent
46 Skin opening
50 Crowd
51 Individual
52 Gun the engine
53 Ram's partner

▶ Yesterday's answer

C	A	W		B	U	T		D	W	E	E	B
E	R	A		O	V	A		A	O	R	T	A
D	E	L		O	U	T	E	R	W	E	A	R
A	N	T		B	L	A	Z	E				
R	A	Z	Z		A	R	R		T	O	F	U
			E	N	S		A	D	O	N	I	S
T	R	I	B	E			O	P	E	R	A	
H	E	A	R	T	H		D	N	A			
F	T	N	A		A	L	A		Z	O	N	E
			B	R	A	Y	S		F	A	X	
I	N	N	E	R	T	U	B	E		F	I	E
L	E	A	V	E		R	E	G		E	A	R
K	E	Y	E	D		A	D	O		D	D	T

Sudoku

	1	5				8		
			6	8				9
3					9			7
		2	7		8		6	
	7			9			3	
	5		2		4	1		
1			9					4
5				2	1			
		8				7	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	8	1	3	9	6	4	5
4	1	5	6	8	7	2	3	9
6	9	3	2	4	5	1	7	8
3	8	6	7	1	2	5	9	4
9	4	2	8	5	6	3	1	7
1	5	7	4	9	3	8	2	6
2	7	1	9	6	8	4	5	3
5	6	9	3	2	4	7	8	1
8	3	4	5	7	1	9	6	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Nikolina, Happy birthday! You've been festering on my mind since the day that we first met. I can't wait for the day that I make you Mrs. Jero. SO MUCH love, **FORN**

Sweetheart, You are my world,my everything.We share such love and passion that you don't see every day. You are my true love,and I will love you forever...xoxo **YOUR BABYGIRL**

Happy Birthday Big Daddy Thanks for being such a great friend. Hope your glass is never empty and your texting fingers never soar. Thanks for everything cheers from your **S.S**

Dominique H, Congratulations on your new born baby girl. She's a lucky little girl who's got an amazing mom! If she's anything like her mommy she'll be a great friend and human being. Congrats!

Today 8°/6° Rain 90%
Tuesday 8°/5° Showers 40%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's not like you to worry about things you cannot control, so why start now? Even if the worst does happen today it won't be anywhere near as bad as you fear.

♉ Taurus April 21-May 21 You seem unable to make up your mind whether to go all out to achieve your ambitions in the world at large or to give up on them altogether and just take life as it comes.

♊ Gemini May 22-June 21 Focus only on happy thoughts today and make sure that you avoid people whose negative attitude could spoil the mood. If they want to be miserable that's up to them, but you don't have to give misery company.

♋ Cancer June 22-July 22 Something you fear, no doubt irrationally, is about to make a reappearance in your life, but that's good news because it will compel you to deal with the source of your fear once and for all.

♌ Leo July 23-Aug.23 You need to take a more even-handed approach to partnership issues. Not even a go-getting, livewire Leo can do it all on your own.

♍ Virgo Aug. 24- Sept. 22 The cult of new is not always good. Sometimes the old way of doing things is best and because you have never been one to slavishly follow fashion you will, most likely, avoid the mistakes that others make today.

♎ Libra Sept. 23-Oct. 23 If you take too negative a view of other people's motives today you could miss out on something worth having. Nothing will go wrong so long as you have the courage to take a few risks.

♏ Scorpio Oct. 24-Nov. 22 You may be tempted to say something negative to a friend today but you are advised against it. Even if what you say is true you won't get any thanks for it.

♐ Sagittarius Nov. 23-Dec. 21 Sometimes even a Sagittarius has to sit back and wait for things to happen and that is very much the message of the stars for you right now. Be patient.

♑ Capricorn Dec. 22-Jan. 20 If you are feeling a bit tongue-tied maybe you should take it as a sign that this is not the right time to speak up. If you say too much today you may have to unsay it again tomorrow.

♒ Aquarius Jan. 21-Feb. 18 If you want to get the most out of the next 24 hours you must limit yourself to doing only those things that are truly important. Don't get distracted from your number one aim.

♓ Pisces Feb. 19-March 20 The more others criticize you the more determined you will be to carry on with what you are doing. You may be a sensitive soul but deep down you have a core of steel.

SALLY BROMPTON

Caption contest

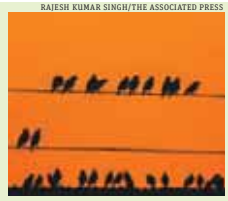
ROB GRIFFITH/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS



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